



**Vegan soy based meatless patty with black beans and southwest flavoring.**

**Ingredients:** Filtered water, soy protein concentrate, carrots, broccoli, red & green peppers, potato, cabbage, parsley, onion, canola oil, isolated soy protein, natural flavors, methylcellulose, malt extract, salt, dried onion, dried garlic, black pepper, spices, tamari sauce, black beans, tomatoes, chipotle chilies, cilantro. **ALLERGENS:** Contains Soy, Wheat

**Cooking Guidelines:**

**Oven:** Bake frozen patties at 400° F for 14 to 16 minutes.

**Skillet-Stove Top:** Place frozen patties on non-stick skillet or grill. Cook over medium heat for approximately 4 minutes on each side.

**Microwave:** Place frozen patties on microwavable dish. Heat on high for approximately 2 minutes. (Microwave times may vary).

**Deep fryer:** Fry in basket 2.5 minutes until fully heated.

**NOTE:** Product should always be cooked to minimum internal temperature of 165° F. Keep Frozen.

**Nutritional Values** are calculated from USDA Nutrient Database, supplier information, and/or analysis.

<b>Nutrition Facts</b>				
servings per container		36	48	
<b>Serving size</b>		<b>1 patty (142g)</b>	<b>1 patty (99g)</b>	
	Per serving		Per serving	
<b>Calories</b>	<b>180</b>		<b>130</b>	
		% DV*		% DV*
<b>Total Fat</b>	5g	6%	4g	5%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	470mg	20%	330mg	14%
<b>Total Carb.</b>	17g	6%	12g	4%
Dietary Fiber	10g	36%	7g	25%
Total Sugars	5g		4g	
Incl. Added Sugars	0g	0%	0g	0%
<b>Protein</b>	18g		13g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	133mg	10%	83mg	6%
Iron	4mg	20%	3mg	15%
Potassium	821mg	15%	572mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#BBS\050  
 DOT #714397  
 UPC: 705723011509



#BBS\035  
 DOT #714396  
 UPC: 705723011356



**Pack: 36/5.0 oz**  
**Gross weight: 12.50 lbs**  
**Item #: BBS\050**  
**LxWxH: 13.75" x 9.63" x 4.5"**  
**Ti/Hi: 12x12**

**Pack: 48/3.5 oz**  
**Gross weight: 11.75 lbs**  
**Item #: BBS\035**  
**LxWxH: 13.75" x 9.63" x 4.5"**  
**Ti/Hi: 12x12**

## Serving Suggestions

From a classic burger on a bun to a lettuce wrap, Franklin Farms Veggie Burgers are great for lunch or dinner!

Enjoy with a variety of toppings and sauces!



## Recipe

### Black Bean & Salsa Veggie Burger Taco Salad

#### Ingredients:

Black Bean & Salsa Veggie Burger, Lettuce, Tomato, Red Onion, Yellow Pepper, Avocado, Queso Fresco Cheese, Sour Cream, Salsa

#### Directions:

Prepare veggie burger according to supplier directions. While the veggie burger is cooking, dice 1 roma tomato, 1/4 of a red onion, 1/2 of a yellow pepper and 1/2 of an avocado and set aside.

Plate the salad by adding lettuce on the bottom followed by 1/4 cup of black beans, tomatoes, onions, avocado and a sprinkle of queso fresco cheese.

Top with the Black Bean & Salsa Veggie Burger and a spoonful of sour cream and fresh salsa. Enjoy!